

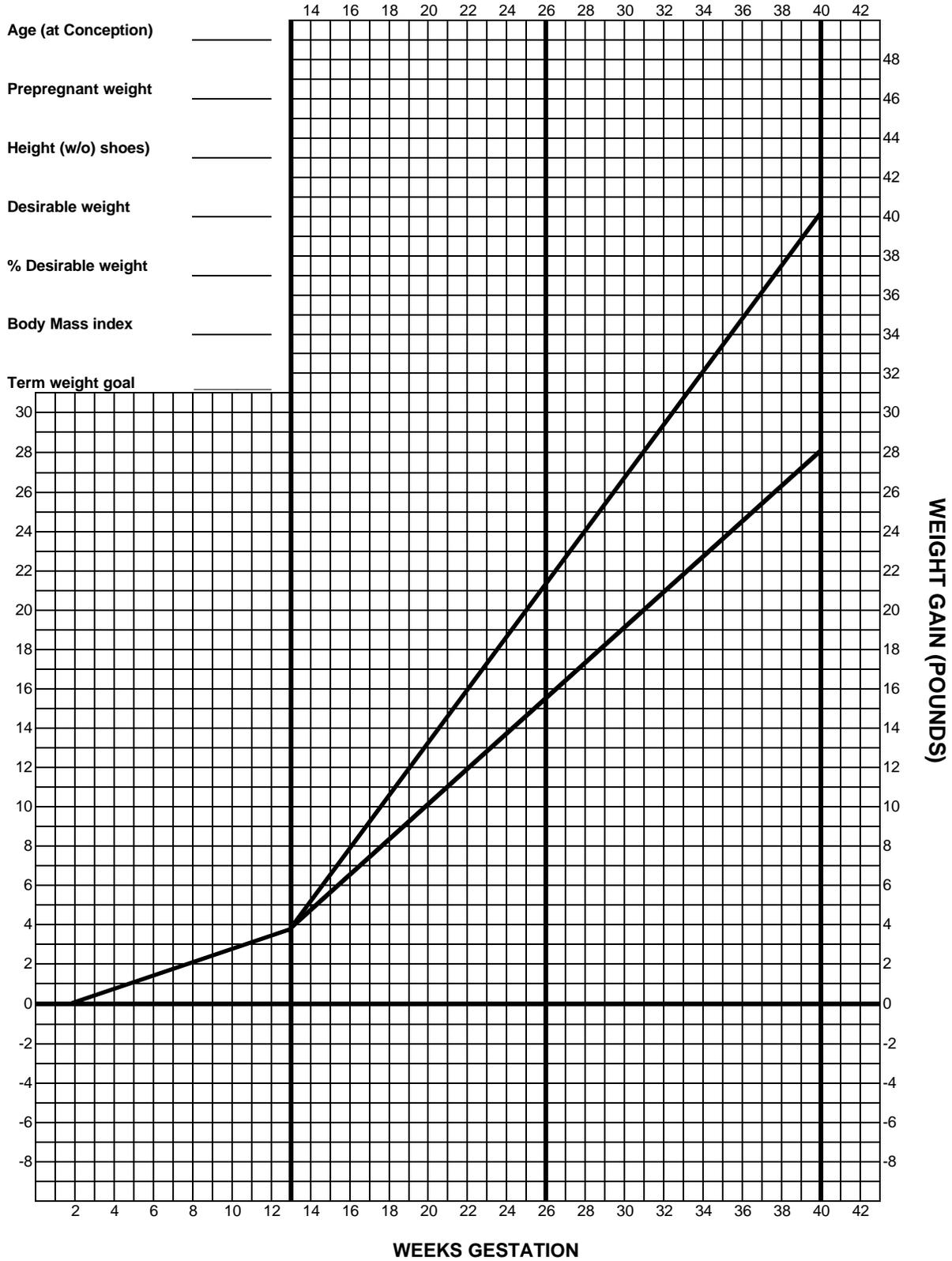
Prenatal Weight Gain Grids

1. Under Weight Women
2. Normal Weight Women
3. Over Weight Women

Note: Young adolescents, African American women, and smokers should strive for gains at the upper end of the recommended ranges. Short women (<62 inches) should strive for gains at the lower end of the range. Very overweight women should gain at least 15 pounds.

California Department of Health Services, MCH/WIC. Nutrition during Pregnancy and the Postpartum Period, 6/90

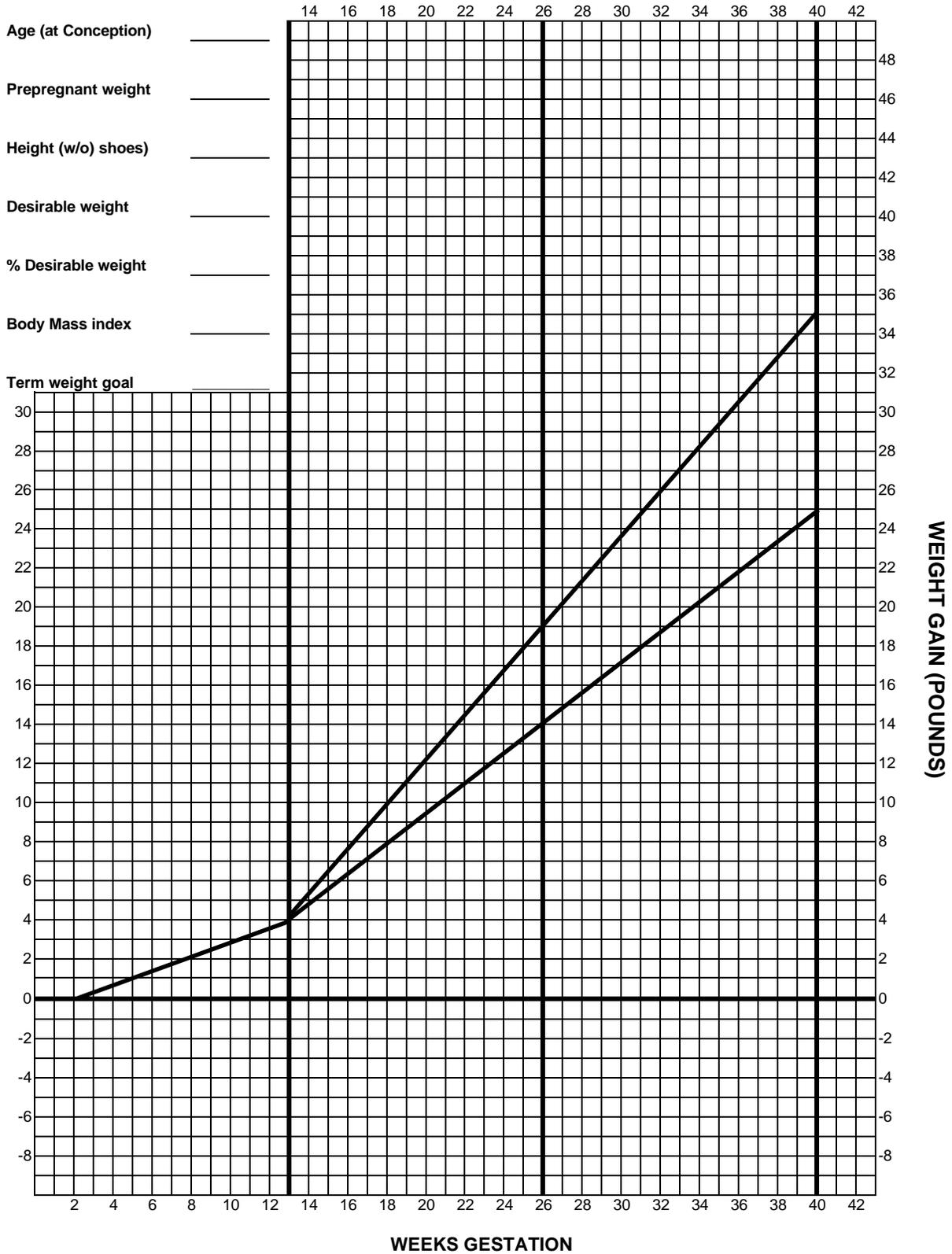
PRENATAL WEIGHT GAIN GRID FOR UNDER WEIGHT WOMEN



Note: Young adolescents, African American women, and smokers should strive for gains at the upper end of the recommended ranges. Short women (<62 inches) should strive for gains at the lower end of the range.

California Department of Health Services, MCH/WIC. Nutrition during Pregnancy and the Postpartum Period, 6/90

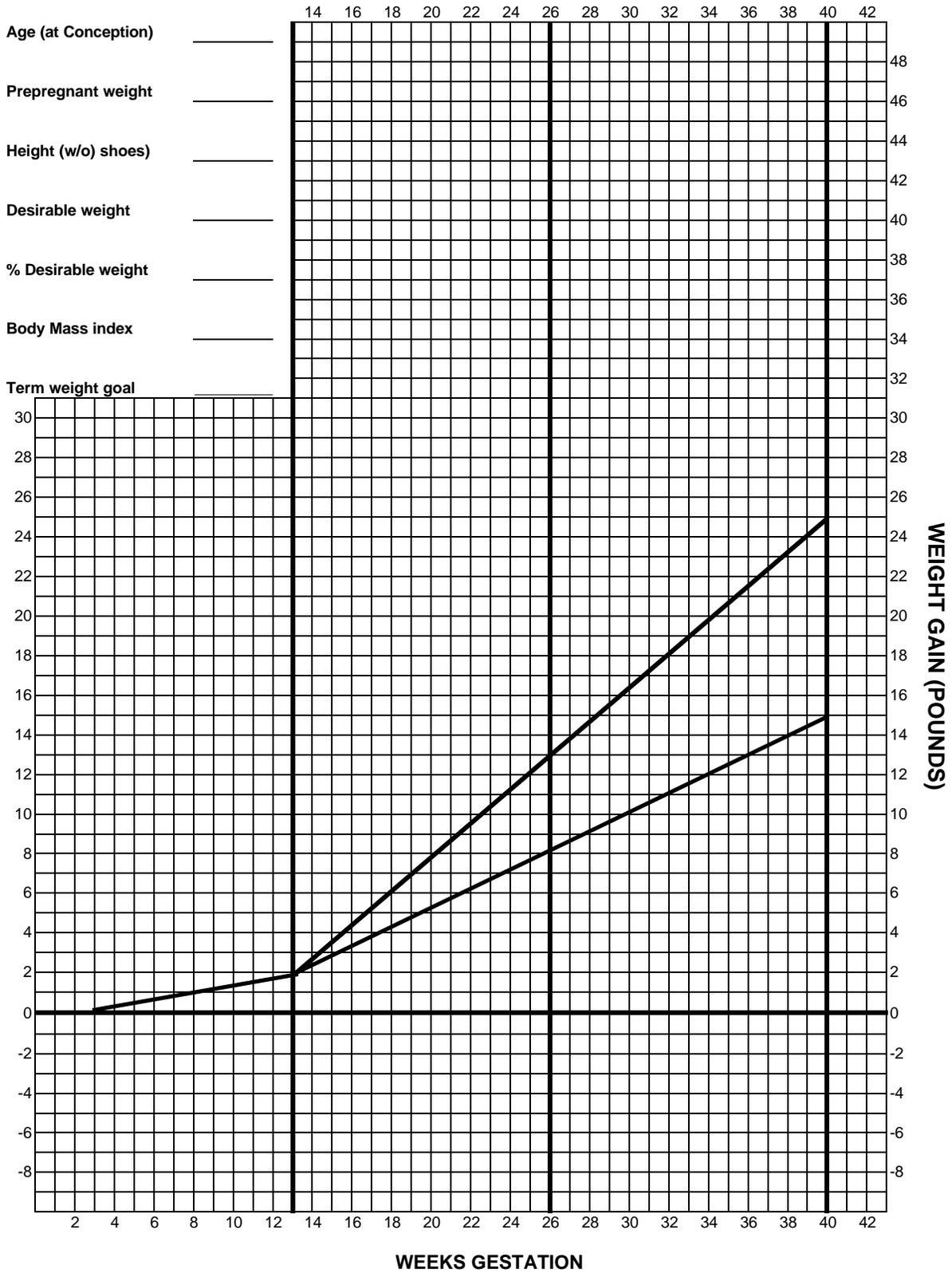
PRENATAL WEIGHT GAIN GRID FOR NORMAL WEIGHT WOMEN



Note: Young adolescents, African American women, and smokers should strive for gains at the upper end of the recommended ranges. Short women (<62 inches) should strive for gains at the lower end of the range.

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PRENATAL WEIGHT GAIN GRID FOR OVERWEIGHT WOMEN



Note: Young adolescents, African American women, and smokers should strive for gains at the upper end of the recommended ranges. Short women (<62 inches) should strive for gains at the lower end of the range. Very overweight women should gain at least 15 pounds.